WELCOME TO INSPIRATION CITY

The LivingRoom community Art Studio

The Inspiration City Project was made possible through the generous support of the City of Oshawa Centennial Project Fund.

Funding enabled the LivingRoom to provide over 50 hours of Free Art Making to community members of all ages, abilities, and walks of life, and to collaborate on the creation of this 'Zine and Workbook that explores and celebrates the theme of what Inspiration means to the people of Oshawa at this time.

We discovered that we live in a city full of inspiration.
Inspiration fueled by memories, dreams, people and places, tradition and innovation, adventure and consideration, hard work and enthusiastic play, success and challenge, stillness and growth, connection and creativity. While inspiration can be found just about anywhere, we learned that it is almost always amplified and realized whenever people came together.

Inspiration lives ***here***.

Thank you to everyone who made art with us, contributed to this 'zine, and made this project possible. We celebrate 100 years of the City of Oshawa and look forward to the next 100 years of inspired community creation.

Oshawa Celebrating 100+ Years

INSPIRATION. WHAT IS IT?

I DON'T KNOW WHAT INSPIRATION IS.

Art: It's in the questions we ask
JOY MY HEART, MY MIND **CULTURE** LOVE.
MY FAMILY

Exploring. **IT'S FUN!** **it's being eager to create.** **it's work**

IDEAS, OUR PURPOSE IT'S SOMETHING THAT COMES FROM YOUR HEART

REALIZING Someone or something
it's what fuels you. JUST THINGS THAT BRINGS YOU JOY AND MAKE YOU FEEL HAPPY!
IS WATCHING CHILDREN GROW! my brain! Inspiration is something that is triggered.
LAUGHTER Trying something new **it's is when your soul feels alive**
The greatest gift we can give LISTENING TO YOURSELF. **MOTIVATION**
The greatest give we can receive. **Inspiration is rejuvenation** Energizing
IT IS WHEN AN IDEA GETS STUCK IN YOUR MIND IT'S TRULY A HEARTWARMING BLESSING!
it is letting your creative side take control. **EXCITING.** IT'S EVERYTHING!

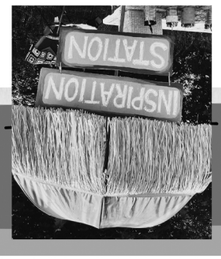
"It is what keeps us alive. Our curiosity of things and people around us showcases our evolution as people." Zaynab & Salina

Inspiration:

- the process of being mentally stimulated to do or feel something, especially to do something creative.
- the drawing in of breath; inhalation.

Oxford English Language Dictionary

WHERE DOES INSPIRATION COME FROM?



- MEETING PEOPLE
- OUTSIDE OUTDOORS GETTING BACK TO NATURE
- MY MOODS
- SUNSETS. SUNRISES.
- OUTER SPACE
- INTUITION
- FRIENDS
- TRAVEL
- MY HEART
- FAMILY
- DAYDREAMING
- READING BOOKS
- BOREDOM
- SOMETIMES SOMEONE MENTIONS ART OR I'M LYING IN BED AND I SAY "I WANT TO MAKE ART"
- MEDITATING
- TEACHERS
- WATCHING ART VIDEOS.
- WORKING HARD
- CONVERSATIONS
- FROM MAKING ART - YOU WANT TO MAKE MORE ART!
- LEARNING FROM WHAT OTHERS HAVE DONE,
- TAKING A CHANCE ON SOMETHING NEW
- TAKING CREATIVE RISKS, MAKING MISTAKES
- FROM WHAT OTHERS HAVE DONE, INCORPORATING WHAT WORKS FOR YOU INTO YOUR OWN WORK.
- LOOKING AT OUR EVERYDAY IN A DIFFERENT WAY
- OUR COMMUNITY

"I think inspiration and people go side by side. Inspiration can from our culture, community or even the people who are most close to us. As long as people are alive inspiration will never end."

WHY DOES INSPIRATION MATTER?

"Inspiration is a drive that keeps you going, that passion and hard work gives you life. Once you start the whole trial and error with whatever it is you're doing, when you eventually succeed, it's the most rewarding feeling ever, especially when you're passionate about whatever it is you want to do." Parisa

INSPIRATION MATTERS BECAUSE:

IT GENERATES NEW IDEAS
AND POSITIVITY
IT HELPS US TO IMPROVE
WITHOUT IT WE COULDN'T CREATE ANYTHING
IT HELPS US FOLLOW OUR DREAMS
IT HELPS US TO KEEP GOING
IT MOTIVATES US TO WORK HARD
GIVES US SOMETHING TO LOOK FORWARD TO
A REASON TO KEEP MOVING FORWARD
ESPECIALLY WHEN IT'S HARD.
IT HELPS PEOPLE CREATE THE WORLD
AND MAKES THE WORLD A BETTER PLACE.
IT MOTIVATES US TO DO OUR BEST
AND HELPS US TO ACHIEVE ALL OUR DREAMS.

OUR INSPIRATION CITY

The LivingRoom community Art Studio

THANK YOU!

Rishi - Mathew - Sophia - Lydia - Aysha - Grace
Jessica - Ollie - Nanny - Trishaan - Erin - Chris - Reesa
Chenumi - Ava - Selena - Wendy - Chrrie - Ben
Sheryl - Jo - Danika - Julia - Emma - Kaylee - Laura
Noah - Parisa - Sydney - Shaun - Jennifer - Zack
Eva - Jnx - Elizabeth - Brianna - Shauna - Kira
Stephen - Krista - Dua - Zayna - Salina - Krista - Ashton
Adrianna - Zoe - Tristan Alyssia - Richard - Harry - Sam
Mary O - Mary K - Shafeeq - Robyn - Amanda Jack
Salwaa - Simi - Alaunzo - Ari - Madison - Ariana - George
Maleba - Mahari - Malaika - Jayde - Zane - Yasimine
Meghana - Sai Nainitha - Jenny - Priya - Tanya - Teresa
Marco - Christine - Josh - Theo - Alexander - Raphael
Sabrina - Nicky - Marcus - Kaiden - Aisha - Trina
100 Youth Oshawa
Northview Oshawa Library
Glen Stewart Neighbourhood Association
The City of Oshawa
& ALL the many other community artists who worked with us!

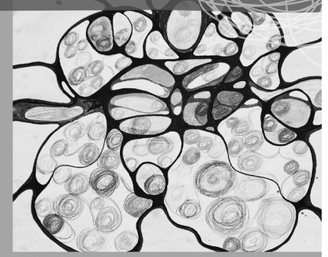
www.livingroomcommunityartstudio.org

Oshawa Celebrating 100+ Years

INSPIRATION CITY

workbook & 'zine
2024

WHERE DOES INSPIRATION LIVE?



Co-created by community artists & The LivingRoom Community Art Studio in recognition of Oshawa's Centenary

WHAT INSPIRES INSPIRATION?

"Live one day at a time. Don't stress what's to come in the future, what's happened in the past. Be grateful and in the moment."

"Get up and do it. When you don't have that you just give up."

"When I paint my mind is full of joy. Never let go of your dreams."

"Look around for something you like. Go outside and look at the trees, the leaves. Lay down for a little while and take a rest. Try something new".

"If you're feeling stuck and uninspired think of something and just do it. Create something for yourself."

"Friendship is an antidote to the bad things in life. That helps me feel inspired again."

"Learn from what others have done, incorporate what works for you into your own work."

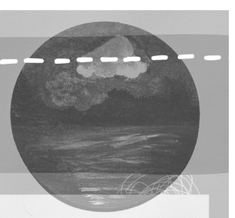
Let your imagination and intuition to talk to each other and listen in on their conversations.

Study things you love, the more you learn the more the more you'll be inspired

"Don't be afraid to try new things, or to make mistakes. When something doesn't work, we make discoveries. we learn about who we are, and about what is possible".

"Nurturing inspiration is spending time to listen to spend with the younger generations. We sat we don't have time, but we need to make time for this. To learn with them. We think we're teaching them, but we're the ones who can learn."
Janice

YOUR TURN. WHAT INSPIRES YOU?



"INSPIRATION LEADS YOU TO SUCCESS AND HAPPINESS. IT HELPS YOU OVERCOME YOUR FEAR OF BEING JUDGED AND ALLOWS YOU TO JUST BE WHO YOU ARE. EVERYONE NEEDS A LITTLE INSPIRATION IN THEIR LIFE." REZWANA